

NORTH SHORE YOUTH CAREER CENTER | SUMMER 2020 UPDATES



North Shore Youth Career Center | 117 Franklin St, Lynn MA 01901 | 781-691-7430



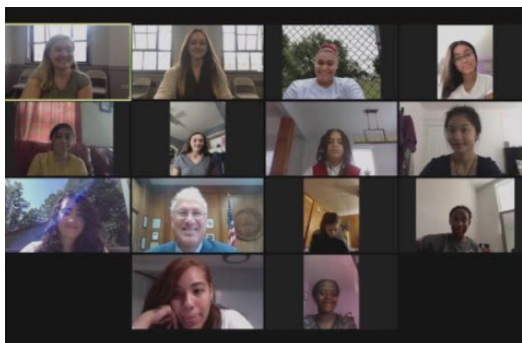
F1RSTJOBS SUMMER PROGRAM

In the 16th summer of our YouthWorks summer program, despite COVID-19 restrictions, we successfully placed 216 youth from across the North Shore into outdoor and virtual internships at 11 different sites. They gained hands-on experience and knowledge about career readiness.

All participants completed the Commonwealth Corporation Signal Success Curriculum: a comprehensive program aimed at helping young people develop essential workforce skills and preparing them for future career planning.

Sites included:

- Children's and Family Services of Lynn - Outdoors
- City of Lynn - Outdoors and Virtual
- Essex Tech - Outdoors
- The Food Project - Virtual
- Girls Inc. - Virtual
- LEAP for Education - Virtual
- Lynn Housing Authority - Outdoors
- Mass General Brigham - Virtual
- New American Center - Virtual
- North Shore Youth Career Center - Virtual
- Peabody High School - Virtual



*Youth in the City of Lynn
Voter Registration Program
meeting with Mayor McGee
during one of their sessions!*



*Youth from the Lynn
Housing program after a
day of cleaning up their
community!*

WHAT WE DO:

The North Shore Youth Career Center provides quality and comprehensive employment and career services to youth (ages 14-24) across the North Shore.

Services Include:

- Resume Writing
- Job Search Resources
- Job Referrals
- Job Application Assistance
- Interview Preparation
- Career Exploration & Planning
- Workplace Readiness Workshops
- HiSET Preparation Programs

We also offer:

- Workforce Development including occupational training
- Connecting Activities in North Shore schools
- STEM Internships



Stay Connected!

We are working hard to adapt to changing times: stay updated on opportunities by filling out our [registration form](#) and following us on [Facebook!](#)

SUMMER 2020 TAKEAWAYS FROM OUR YOUTH

"After this program, I ask myself three questions: What am I good at, what is my purpose, and how can I make myself better in the future? The most important thing I learned is to work hard, always have confidence in myself and others, and be happy."

- Youth from NSYCC Health and Wellness Program

"I really enjoyed the Virtual Summer Work Program because not only did I learn and gain some job experience, it was also a good use of time to challenge myself over the summer and see what I can accomplish over the span of 6 weeks."

- Youth from LEAP For Education

"I had a chance to meet great professionals in the field and obtain valuable advice from them. It allowed me to grow as a person and ask myself what I want to do. Seeing you and other professionals loving and enjoying what they do made me want to find what I truly love doing – something that aligns with my values and who I am. You, the NSMC, and NSCC teams were incredibly welcoming and shared so much valuable career, educational and life advice."

- Youth from Mass General Brigham Program, Salem Hospital

"I really think I am going to walk away from this program as a better person and a more knowledgeable person. What I learned here will allow me to live a better life and will help me tremendously later on when I'm looking for jobs."

- Youth from NSYCC Health and Wellness Program

Thank you so much to Commonwealth Corporation, all of our participating sites, and all the youth for another great summer!

LEARNING AND SCHOOLING FROM HOME

Whether through a fully remote or a hybrid model, work and school spaces are continuing to adapt to changing times. While it's tempting to hop on zoom in your pajamas from the comfort of your bed, it's important to take care of your mental and physical health while learning from home and create a bit of a routine to break up the day.

Tips:

- Wake up at the same time every day and eat breakfast
- Add some movement to your morning (stretching, walking, etc.)
- Set your goals and schedule for the day
- Create a comfortable and productive work environment
- Build in breaks and small rewards for completing tasks
- Stay organized - use a planner or calendar to keep track of meetings, classes, and assignments
- Use available tools and don't be afraid to reach out to teachers and peers for support
- Stay off your phone and set time limits
- Take care of yourself - drink water, stay connected with friends, take screen-breaks, sleep!
- Give yourself time to adjust and be patient with yourself!



remote learning plan week of: _____

subjects:	M	T	W	T	F
meetings					
assignments due					
physical activity					
healthy eats					
responsibilities					
questions					